



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXI Issue X

COMMUNITY EDITION

October 2015

Seasonal Flu Shot Clinics

“It’s that time of year to get your flu shot!”

The Grant County Health Department has scheduled its public seasonal flu shot clinics for the 2015-16 season. This year the vaccine includes both an H1N1 and H3N2 strain as well as a B/Phuket-like strain. The quadrivalent vaccine has an additional B/Brisbane-like strain as well. A supply of high dose flu vaccine is available for those 65 years of age and older. Vaccination is recommended for all persons aged ≥ 6 months unless there is a medical reason why vaccination is not recommended such as an allergy to one of the vaccine components.

Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous year may need a booster shot one month or more after the first shot to gain the highest level of protection. Grant County Health Department has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations. There is also a supply of vaccine available to others for a fee.

Influenza vaccine is available at all the Grant County WIC and Health Check clinics. In addition to the posted schedule, seasonal flu vaccinations are now available at the Grant County Health Department located at 111 South Jefferson Street in Lancaster from 8:30 a.m. -12:00 p.m. and from 1:00 p.m. - 4:00 p.m. Monday-Friday. Check the Grant County website (www.co.grant.wi.gov) for a complete schedule of clinics. School based clinics will be held starting October 26 ending November 25.

*Influenza Vaccine - \$27.00 (trivalent)
\$35.00 (quadrivalent)
\$50.00 (high dose) (65 years and older)*

Pneumonia Vaccine \$75.00

*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Make Mealtime a Family Time

The "magic" of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals. The recent Department of Public Instruction Youth Risk Behavior Survey of 5,410 youth in grades 7th through 12th in Southwest Wisconsin revealed that 41% of 12th graders reported they ate with their families less than 4 times per week. As children get older, they are less likely to eat together with their families. (www.cesa3.org/yrbs.html)

How parents can help—

Cook Together - Let children (of all ages) plan, shop for, prepare, set the table, and clean up. They will begin to learn important everyday skills.

Eat Together - Regular family meals have been linked to higher grade-point averages, lower rates of substance abuse, teen pregnancy, eating disorders and depression.

Talk Together - Talking together at the dining table helps children practice communication skills, learn new vocabulary and practice listening. Turning off TV and phones makes mealtime a special time.

Life may seem hectic at times, but try to remember to take the time to cook together, talk together and always celebrate together. The health and well-being of today's youth depends on it.

Source: The Family Dinner Project

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office.



WIC & Health Check Clinics

(Immunizations given at all these clinics)

Nov 4th—Late Muscoda Kratochwill Building from 2:00pm to 6:30pm

Nov 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Nov 10th—Boscobel United Methodist Church from 9:30am to 3:30pm

Nov 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Nov 18th—Fennimore United Methodist Church from 9:00am to 3:30pm

Nov 19th—Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

Nov 24th—Lancaster Schreiner Library from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following days:

November 11, 2015
November 26, 2015
December 24, 2015
December 25, 2015

Breast Cancer Remains Critical Health Issue for Women

Wisconsin Well Woman Program Helps Provide Access to Screening Services for Early Diagnosis

Thirty years after the first National Breast Cancer Awareness Month, held in October 1985, the disease remains second only to lung cancer in the number of cancer deaths in women, according to state health officials.

“Today, we know much more about this disease, including the importance of regular breast cancer screenings to catch the disease early and get women into treatment sooner,” said State Health Officer Karen McKeown.

To help accomplish this goal, the Department of Health Services [Wisconsin Well Woman Program](#) provides breast and cervical cancer screenings statewide to eligible women aged 45 through 64.

“While many women now have access to breast and cervical cancer screenings through private health insurance or BadgerCare Plus, our program is committed to providing these life-saving screening services for women who continue to need them,” said McKeown. Low-income women historically have not accessed early detection and treatment services as frequently as other women.

The American Cancer Society estimates there will be more than 4,300 new cases of breast cancer and more than 700 deaths from breast cancer in Wisconsin this year.

The main factors that influence your risk of breast cancer include sex, age (most breast cancers are found in women who are 50 years old or older), family history, and inherited genetic changes.

To find the Wisconsin Well Woman Program coordinator in your area, please call the Maternal and Child Health Hotline at 1-800-722-2295 or visit [Wisconsin Well Woman Program](#) website. (www.dhs.wisconsin.gov/wwwp)

Source: Wisconsin Department of Health Services



Keep your contacts clean and your eyes healthy

Enjoy your contact lenses while lowering your chance of eye infections with the tips below:

- Rub and rinse your contact lenses and store them in fresh solution every time you take them out
- Never mix fresh solution with old or used solution in the case—a practice called “topping off”— since it reduces the effectiveness of disinfection
- Rub and rinse your contact lens storage case with fresh solution—never water—every day
- Store the clean case upside down on a fresh, clean tissue with the caps off after each use in order to prevent germs from building up in the case
- Replace your contact lens case at least once every three months
- Don't sleep in your contact lenses unless prescribed by your eye doctor
- Avoid showering or swimming in contact lenses

Source: Centers for Disease Control and Prevention



Change Service Requested

Non-Profit Organization
U.S. Postage
PAID
Lancaster, WI 53813
Permit # 2

GRANT COUNTY HEALTH DEPARTMENT
(608) 723-6416
www.co.grant.wi.gov
111 South Jefferson Street Floor 2
Lancaster, WI 53813-1672